

**Linda Clair**  
**Meditation Retreat**  
**Kallara Conference Centre, Australia – March 2020**  
**Transcription from Audio Recordings**

**File 5A – Wednesday morning guided meditation**

So take a few deep breaths into the belly. Feel your body. You're still here sitting here in this room in your body. And you can't be too grounded in your body; it's impossible. And by grounded I don't necessarily mean heavy. To really be able to feel that lightness, that incredible lightness of being without floating away, without being spacey, you need to have a foundation of groundedness in the body.

It might be more attractive at times to float away into your head, looking down into the body, but as much as possible keep bringing your attention back to the breath in the abdomen – the rise and the fall of your abdomen with your breath as your body is breathing. So use any sensations you can to be in your body, to come back to your body: hearing the sounds outside, feeling maybe tension in your body, maybe softness in your body.

And as much as possible try not to judge your sitting, whatever is happening. The important thing is that you're sitting. So you need to make that effort to keep coming back to your breath, coming back to your body, without judging yourself, without judging your sitting as good or bad. What if there's only good and there's no bad? What if nothing opposes anything else?

This is eventually about going beyond sensations, beyond just this physical body, where you stop judging your sensations, looking for certain sensations because no sensation is going to completely satisfy you. Nothing in this relative world is going to completely satisfy you.

So take your attention to the top of your head. Can you feel *any* sensation on the top of your head or *in* your head? There's nothing that you are supposed to be feeling. Feel the sensation of your eyelids on your eyes. And keep breathing into the belly, anchoring yourself with your breath – that primary sensation in your body. Feel your breath as you're breathing, your lips, your tongue touching your palate, your jaw and your chin, your ears.

Feel your shoulders. Go to your left shoulder and go down your arm to your left hand and feel your hand. Feel your thumb and each finger. And keep breathing into the belly. Then go to your right shoulder and feel your right shoulder. And go down your arm to your right elbow, then down to your right hand. Feel your hand, your thumb, your fingers.

Take your attention to your chest. So it is good to breathe in and out through the nose. And as you do this feel the gentle movement of your chest as your body is breathing. Your body is breathing; you're not controlling your breath. You don't need to think to breathe.

Take your attention down to your abdomen. Many people avoid breathing deeply into the body. It can be uncomfortable. It can feel unnatural at times. But gradually, gradually it becomes more spontaneous, more natural. Use the breath in the abdomen as an anchor – not as a focus.

Feel your knees, your feet, your toes, your spine, from the top of the spine, down your back, to the bottom of the spine. So every now and again check your spine. You might need to gently straighten it. Feel your whole body. So keep it simple. No matter how long you've been doing this, the

practice is the same. Each time you realise you've been lost in thinking, make the effort to bring your attention back to the body, and primarily the breath in the abdomen.

Stay humble. Try not to assume anything.